



Common Sugar Substitutions

Granulated Sugar	Honey	3/4 cup	Reduce other liquid by 2 tbsp. Adds moisture and mild floral flavor.
	Maple Syrup	3/4 cup	Reduce other liquid by 2 tbsp. Adds maple notes; works well in most baked goods.
	Coconut Sugar	1:1	Slightly caramel-like; may darken baked goods.
	Agave Syrup	2/3 cup	Reduce other liquids slightly; mild, versatile flavor for baking and beverages.
	Monk Fruit Sweetener	1:1	Zero-calorie, low-carb, and nearly identical sweetness to sugar.
	Stevia (Liquid or Powder)	Check package directions	Stevia is highly concentrated; often requires much less than sugar.
	Erythritol	1:1	Low-calorie, low-carb; may cause a cooling aftertaste in some recipes.
Brown Sugar	White Sugar + Molasses	1 cup sugar + 1 tbsp molasses	Creates light brown sugar; add 2 tbsp molasses for dark brown sugar.
	Coconut Sugar	1:1	Adds a caramel note, ideal for cookies, muffins, and cakes.
	Swerve Brown Sugar Substitute	1:1	Erythritol-based, zero-calorie option suitable for keto and low-carb baking.
Powdered Sugar	Powdered Erythritol	1:1	Blend granulated erythritol until fine; great for icings or dusting.
	Powdered Monk Fruit Sweetener	1:1	Works well in sugar-free frostings or as a dusting for baked goods.
	Milk Powder (for Dusting)	1:1	Not sweet, but useful as a non-sweet dusting alternative for decoration.